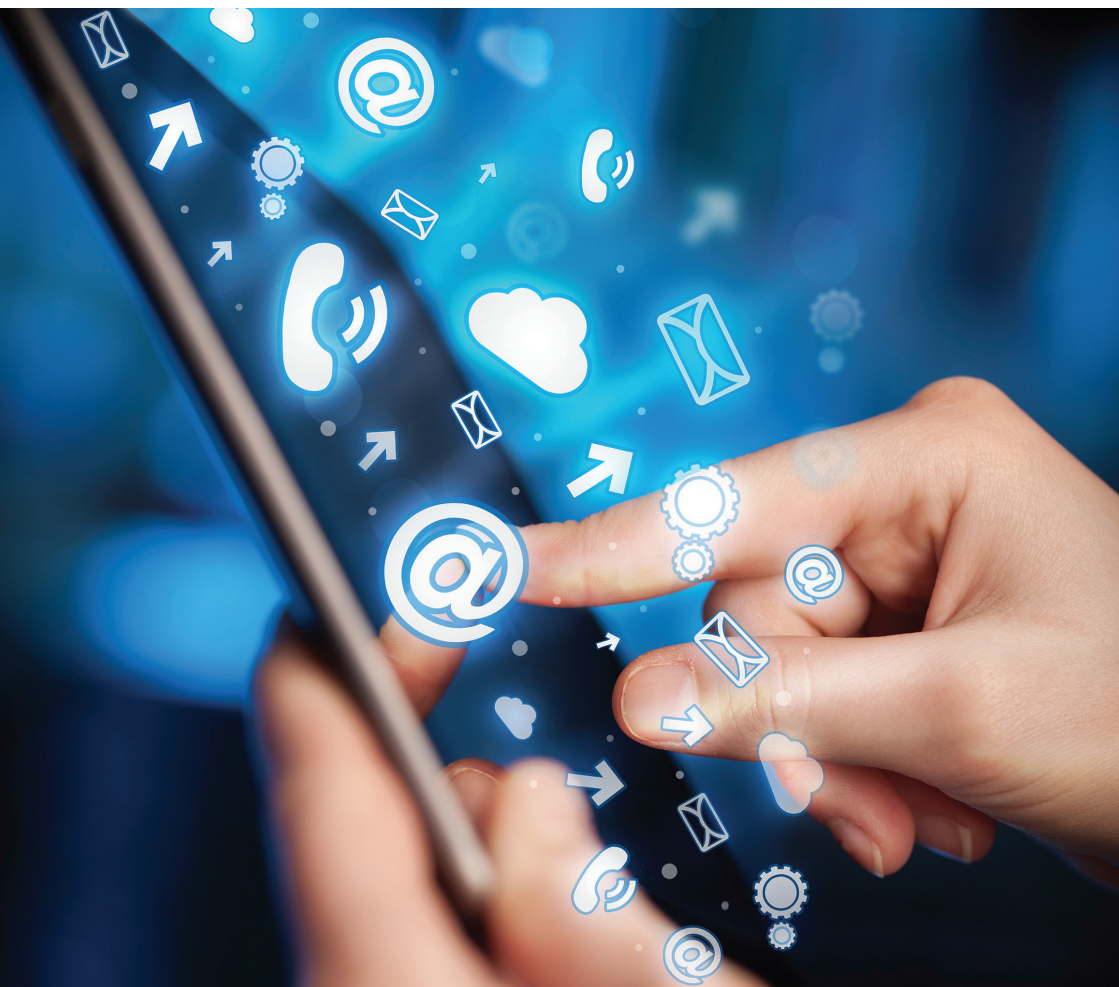




BEACON COUNSELLING TRUST

Reg. Charity No. 1140011

GAMBLING HARMS RESOURCE GUIDE



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INTRODUCTION

Gambling harms can have a significant impact on every aspect of a person's life, affecting mental health, relationships, and financial stability. It is important to understand that help is available, and recovery is possible and can be sustained through several ways.

This advice sheet aims to provide you with practical steps, resources, and support options to help you navigate the path to recovery.

The information here is designed to offer guidance, raise awareness, and connect you with a network and community of both professional help and peer support services that exist locally and nationally.

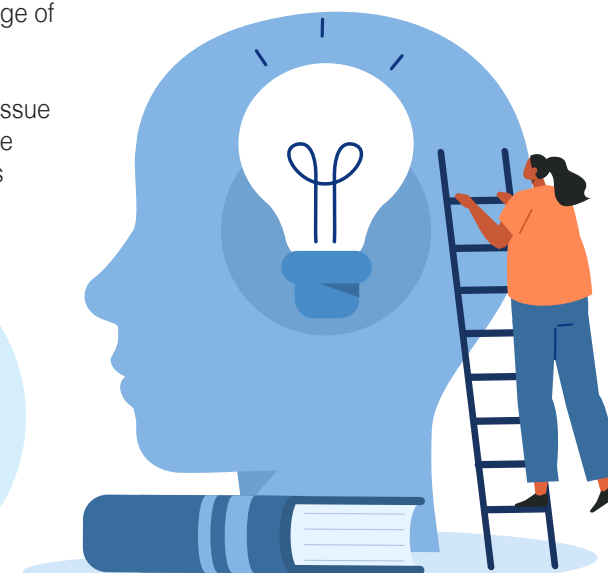
Whether you are looking for immediate assistance or seeking long-term recovery solutions, there are resources available to support you through every stage of the journey.

Remember, acknowledging the issue of gambling harms and taking the first step towards seeking help is a courageous decision.

This document details the range of support services across the North West, and nationally, that BCT work alongside to offer support for gambling-related harms and the additional harms that can come about as a result of your own, or someone else's gambling.

At Beacon Counselling Trust our team offer a holistic service and work with a wide range of organisations who specialise in many different areas. You are not alone in this process, and support is always available.

**For more information
please visit our website
beaconcounsellingtrust.co.uk or call us on
0151 226 0696**



ABOUT US

Beacon Counselling Trust (BCT) is a North West based mental health charity which was established in 2009, and offers a range of mild to moderate community-based mental health support programmes. BCT is one of the leading providers of gambling-related harms education and support within the North West, and is one of the leading providers within the National Gambling Support Network.

BCT offers free, tailored support and education to those affected by gambling-related harms, including one to one therapy, couples therapy, practical help, and long-term recovery support.

We offer gambling-related harms treatment and support across the North West of England, covering regional areas such as: Liverpool City Region, Greater Manchester, Cheshire, Lancashire, Fylde, Cumbria and Lancaster. Support can be delivered via telephone, video call, or face to face, across a number of different hubs within the region.

We also offer free and confidential advice, support, and treatment for people who have been affected by someone's gambling including family member, partners, and friends.

All gambling-related harms support is tailored to each individual's need, and we work with a number of regional and national services to ensure a joined-up holistic approach is taken to each person's support pathway.

Paul's Place



Our Paul's Place programme was launched in 2017. This programme offers free specialist bereavement therapy for those aged 16 and over who have been bereaved by suicide in the Merseyside area.

Our Paul's Place programme offers a range of one-to-one and group support for those that have lost someone to suicide. We also recognise that there is an inextricable link between suicide bereavement and gambling harms; those that have been bereaved by suicide are an at-risk group of gambling-related harms due to the trauma they have experienced by losing someone to suicide, which may make them vulnerable to using something like gambling as escapism or as a coping strategy for difficult emotions or memories.

If you live in Merseyside and need support for suicide bereavement, please call 0151 226 0696.

National Gambling Support Network



BCT are proud to be a provider within the National Gambling Support Network, a collaboration of organisations across the UK to help anyone affected by gambling. The NGSN provides free, non-judgemental, confidential treatment, advice and support.

Alongside supporting people who are experiencing gambling harms themselves, the network is also there to support people who are affected by someone else's gambling.

The National Gambling Support Network is commissioned by GambleAware.

National Gambling Helpline

The National Gambling Helpline is available 24 hours a day, every day of the year for one-to-one guidance, advice and support, and referrals into local support providers.

Advisers are available on **0808 80 20 133** or via live chat.



IN NEED OF URGENT HELP?

SAMARITANS

If you are struggling with your mental health and need help right now, contact Samaritans on 116 123.



You can also contact HOPELineUK from Papyrus if you are under the age of 35, on 0800 068 4141.

NHS SERVICES

Primary Care Gambling Service

The Primary Care Gambling Service (PCGS) is an NHS service which offers free and confidential support for adults over the age of 18, who experience harms from gambling, as well as those impacted by someone else's gambling. This service also provides support for individuals with additional physical, social and mental health needs. It is a national service working in partnership with the National Gambling Support Network and wider third-sector organisations to provide integrated support services to anyone experiencing gambling harms, alongside other comorbidities.

The PCGS offers a range of support and therapy, which can be provided online or over the phone. These are provided in the form of short-term or longer-term therapy. There is the additional support of group therapy sessions, which come in the form of men's group, women's group and mixed group settings. Sessions are conducted online on a weekly basis. They have a team of therapists, GPs, psychiatrists, and mental health nurses to tailor support to the individual. BCT work in partnership with PCGS and have a referral pathway established to refer people for this support if it is agreed that this is a more suitable pathway.



NHS Northern Gambling Clinic *Liverpool, Manchester and Preston*

The NHS Northern Gambling Clinic is a free and confidential NHS service supporting people who are experiencing harm from gambling. They support adults over 18 experiencing gambling harms who also present with additional mental health diagnoses.

Therapy can be delivered face to face, over the phone or online call. The team is made up of psychologists, therapists and psychiatrists.

Individuals can be offered one-to-one or group support.

BCT work in partnership with NHS Northern Gambling Clinic and have a referral pathway established to refer people for this support if it is agreed that this is a more suitable pathway.



RESIDENTIAL SUPPORT

Adferiad *– Parklands Place, North Wales*

Parklands Place in North Wales is managed by Adferiad, a partner within the NGSN. The pathway has been designed within the network to address co-occurring comorbidities including alcohol, substance use and long-lasting mental health conditions that are co-occurring with gambling addiction. Individuals are offered free rehabilitation support for their mental health and gambling addiction and the treatment and support offered is bespoke to each person's presentation. Residential support is available to any person aged 18 and over with life challenges such as mental health problems, substance use issues and co-occurring and complex needs. For individuals also experiencing drug or alcohol addiction, a detox programme is offered before they then enter into rehabilitation for their gambling, and other mental health concerns. Throughout the process, individuals receive a package of care to allow them to set goals, identify potential barriers, build recovery capital, personal resilience, rebuild family relationships, and debt management. BCT work in partnership with Adferiad as an NGSN provider, and have a support pathway in place to facilitate a smooth referral to Adferiad and will keep in regular contact with service-users whilst they wait for support with Adferiad.



Gordon Moody Association

Gordon Moody is a national charity that provides residential treatment for those most affected by gambling related harms, through recovery in a safe, supported environment.

As part of the NGSN they provide a 6 week residential programme with bespoke specialist treatment interventions that are gambling focused. The recovery journey also addresses the extremes of the associated behaviours typically experienced by people affected by gambling related harms.

Gordon Moody offer separate male and female residential support centres.

BCT work in partnership with Adferiad as an NGSN provider, and have a support pathway in place to facilitate a smooth referral to Adferiad and will keep in regular contact with service-users whilst they wait for support with Adferiad.



SELF EXCLUSION

What is self-exclusion?

Self-exclusion is a process when an individual can ask a gambling operator to exclude them from gambling for a set length of time – usually between six months and five years.

In practice, it means you will be refused service in the venues or access to online operators where you have self-excluded.

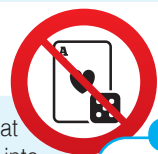
Why self-exclude?

You may have noticed that during the time you have been gambling, you have favourite venues or websites.

You may find it difficult to stay aware from certain venues or websites, self-excluding can be an additional form of help whilst you are seeking professional support for your gambling.



GAMSTOP is a free app that will block you from logging into, or setting up accounts with, operators licensed in Great Britain. You can register for six months, one year, or five years. It is suitable for UK and NI residents only.



MOSES allows you to self-exclude from multiple betting shops with just one call to **0800 294 2060**. It is recommended to select venues that are close to your home, work or any of your other activities.



GAMBAN Access gambling blocking software, which stops your device from being able to access gambling website or apps.



HOW DO I SELF-EXCLUDE?

ONLINE GAMBLING

BOOKMAKERS

CASINOS

BINGO VENUES

ARCADES & GAMING CENTRES

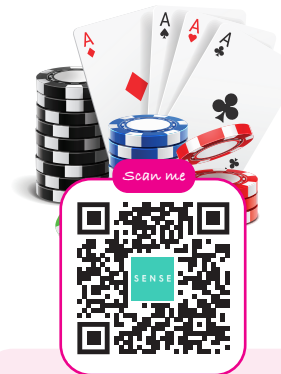
Go to the venue and ask for support. They will be able to exclude you from their venue and those 1km around, if you wish to be excluded from other venues you can contact the **BACTA** scheme on **020 3930 9769**.



The **BISES** scheme allows you to self-exclude from land-based, licensed bingo premises across the UK, the quickest way to do this is at your local bingo club.



SENSE allow you to self-exclude from all land-based UK Casinos. Enroll in person at any participating casino, where a manager will help you complete a digital application form. Alternatively, you can complete an application form and send it to: **info@sensescheme.com**



Access to Advertising

GambleAware website has a page with support and guidance on how to limit gambling advertising online.



Spend Limits

Gamble Aware also has a dedicated anonymous spend calculator which only takes a few minutes and will give you a better understanding of:

- how much time & money you spend
- how else you could use your money
- how to access free and confidential support



GAMBLING HARMS RELATED PEER SUPPORT

BetKnowMore - Peer Aid

National Gambling Support Network partner BetKnowMore run the UK based peer support service, 'Peer Aid'.

The service provides 1:1, group and personal development support and health promotion activities to individuals harmed by gambling (including 'affected others') which is led by individuals with lived experience.

Peer Aid aims to ensure that through peer-led engagement and intervention, individuals are offered the most appropriate support to address their specific needs.

BCT work in partnership with BetKnowMore and can facilitate a referral into the service, or you can self-refer via their website.



Reframe Coaching – Recovery Peer Support and Coaching

Reframe Coaching is delivered by founder Steve Girling and his trained coaches who offer lived-experience led recovery coaching for people in recovery from gambling addiction. The Life After Gambling programme is a self-awareness programme developed by Reframe Coaching, to help individuals bring greater awareness to themselves, the world around them with the view of moving forwards.

It includes six core modules which are:

- **self care**
- **mindset**
- **beliefs**
- **values**
- **emotions**
- **fear**
- **goal setting**

Individuals can go through the programme themselves via an online recovery portal or they can be supported by one of their Lived Experience Recovery Coaches.

The programme is available to anyone who has been affected by Gambling.

Epic Restart Foundation Restarting Lives and Restart Community

A supportive community for those in recovery from gambling harms

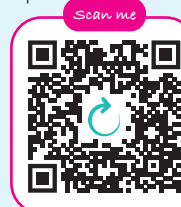
Epic Restart is led by individuals with their own lived experience of gambling harms and offers recovery support.

Restarting Lives is a personal development programme supporting recovery maintenance. It is one to one support from lived experience recovery coaches, who understand the challenges and struggles that come with recovery. The programme also offers live events from a range of speakers to inspire and empower individuals.

EPIC Community provides those in recovery from gambling harm, people affected by someone else's gambling harm or professionals in the sector with the support, inspiration and education. There are weekly talks and a range of education sessions delivered by experts in their field. Guest speakers help individuals develop the skills and knowledge to build a better life. From financial planning to coping strategies, it covers a wide range of topics.

Referral pathway:

Self-refer via the QR code or contact Beacon Counselling Trust who can facilitate a referral for you.



GamLearn – criminal justice peer support

GamLearn offers direct support to anyone experiencing gambling harm who has been involved in criminality. Their one-to-one peer support is a personalised service to assist individuals in understanding the challenges involved when going through the criminal justice system and specialist legal experts are available to provide necessary support.

Referral pathway:

BCT can facilitate a referral to GamLearn or you can self-refer via scanning the QR code to their website.



BCT can facilitate referrals into the services or self-referrals can be made to each of the organisations via their web pages.

BESPOKE WOMEN'S PROGRAMMES

Thrivin' Together

Founded by Nadine Ashworth, who is in recovery from gambling addiction – A woman-led, lived experience organisation offering choice, voice and change for women across the UK. This includes women who gamble, are in recovery, are affected by someone else's gambling or have been impacted negatively by working in the gambling industry.

Thrivin' Together offers workshops, research and volunteer opportunities for women and clients who have received treatment with Beacon Counselling Trust have opted to join and become part of the Thrivin' community

Referral pathway:

BCT can facilitate a referral to Thrivin' Together, or you can self-refer via their website.



BetKnowMore - New Beginnings

New Beginnings is a women's only support service providing a safe space for women affected by gambling harm.

Structured group support will be provided by a team of trained Lived Experience facilitators led by Lisa Walker, and this service sits within the National Gambling Support Network.

Referral pathway:

Scan for a sign up form.



Epic Restart - Woman. Empowered and Restart Community

A supportive community for those in recovery from gambling harms

Woman. Empowered is designed by women for women to encourage women to speak about their addiction free from shame and stigma.

The programme aims to help women sustain and build their recovery, and provides a safe space for women to support each other, reduce social isolation and overcome the stigma they face from gambling harms. Works on supporting women gamblers in recovery build their confidence, self-worth and empowered to build a new life free from

guilt and shame. The meetings are hosted by our Women's Lead, Stacey Goodwin who has her own lived experience.

Online zoom meetings are held every fortnight at 6pm.

Referral pathway:

BCT can facilitate a referral, or you can self-refer.



GAMBLERS ANONYMOUS

Gamblers Anonymous is a fellowship of people who have joined together to do something about their own gambling harms and to help other gamblers do the same.

There are around 250 meeting locations across all of England, Wales and Northern Ireland, with availability of meetings throughout the week.

All meetings are drop-in, with no appointment needed.

Scan to find out your nearest meeting in your locality:



PODCASTS

“Peer support is invaluable throughout recovery, so hearing the stories of others is always beneficial.”

**Football Untold with Mick Coyle**

The six-part series explores the experiences of football players with gambling problems – frank conversations about addiction, deceit, and finding a new life away from betting.

BetKnowMore – New Beginnings

Abi Feltham and Mark Saggars explore with Lived Experience guests the themes and impacts of gambling related harms.

**All Bets Are Off**

Established in April 2020 as a gambling addiction recovery podcast. Wide range of discussion points and includes everything from recovery stories and signposting through to chats with industry specialists and a wanting for positive change and re-form. *Available from all streaming services.*

**Epic Restart Foundation Recovery Toolkit Podcast**

Join Richie and his guests, as they tell their stories of Recovery and share the tools that help them manage their recovery. *Available from all streaming services.*

The Breakeven Podcast

Breakeven Podcast, where Ian Semel speaks to a series of guests around their experience with gambling related harm.

**ADHD Chatter**

Join LadBible founder and entrepreneur Alex as he chats all things ADHD with a variety of guests. The chats are unfiltered, unedited and unpredictable and they will give individuals the wisdom you need to live their best ADHD life. This podcast aims to make people feel less alone. *Available from all streaming services.*

BLOGS

You may also find the attached blog really useful, which is put together by a renowned specialist in the field Annika Lindberg, Scan for lots of helpful info:



VIDEOS

What's happening in the brain when you gamble
Psychologist Zoe Falster.

Scan me



Problem gambling explained
Psychologist Zoe Falster.

Scan me



The fall and rise of a gambling addict
Justyn Rees Larcombe.

Scan me



Learned behaviours: Young People and Gambling Related Harms.

Scan me



My gambling addiction ruined my life
Minutes With lad bible stories.

Scan me



BOOKS



Tony 10: The Astonishing Story of the Postman Who Gambled €10,000,000 ... and Lost it All, by Tony O'Reilly and Declan Lynch, is published by Gill.



Might Bite: The Secret Life of a Gambling Addict (Paperback) Patrick Foster (author), with Will Macpherson is published by Bloomsbury.



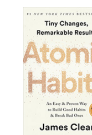
Behind the 8-Ball: a Guide for Families of Gamblers: a recovery book by Linda Bergman and Mary-Ellen Siegel.



Tails I Lose by Justyn Rees Larcombe was published by Lion Hudson.



All Bets are off by Arnie and Sheila Wexler with Steve Jacobson.



Atomic Habits by James Clear.



Now It All Makes Sense – How An ADHD diagnosis Brought Clarity to My Life by Alex Partridge, founder of UNILad an LADBible.



APPS

Scan me



Hub of Hope website and app allows you to search for any mental health services local to you.

Scan me



Ripple Suicide Prevention tool
This can be downloaded onto devices and will block negative information and replace it with safety messaging if anyone searches online about suicide or how to take their life.

Scan me



RecoverMe is a gambling addiction behaviour management app. Gamblers can use the app to track their urges and identify triggering circumstances.

Scan me



The **GambleAware Support Tool** is a completely free, personalised and confidential app to help you stay in control. Trying to take control of your gambling? You don't have to do it alone.

NEURODIVERSITY AND GAMBLING HARMS

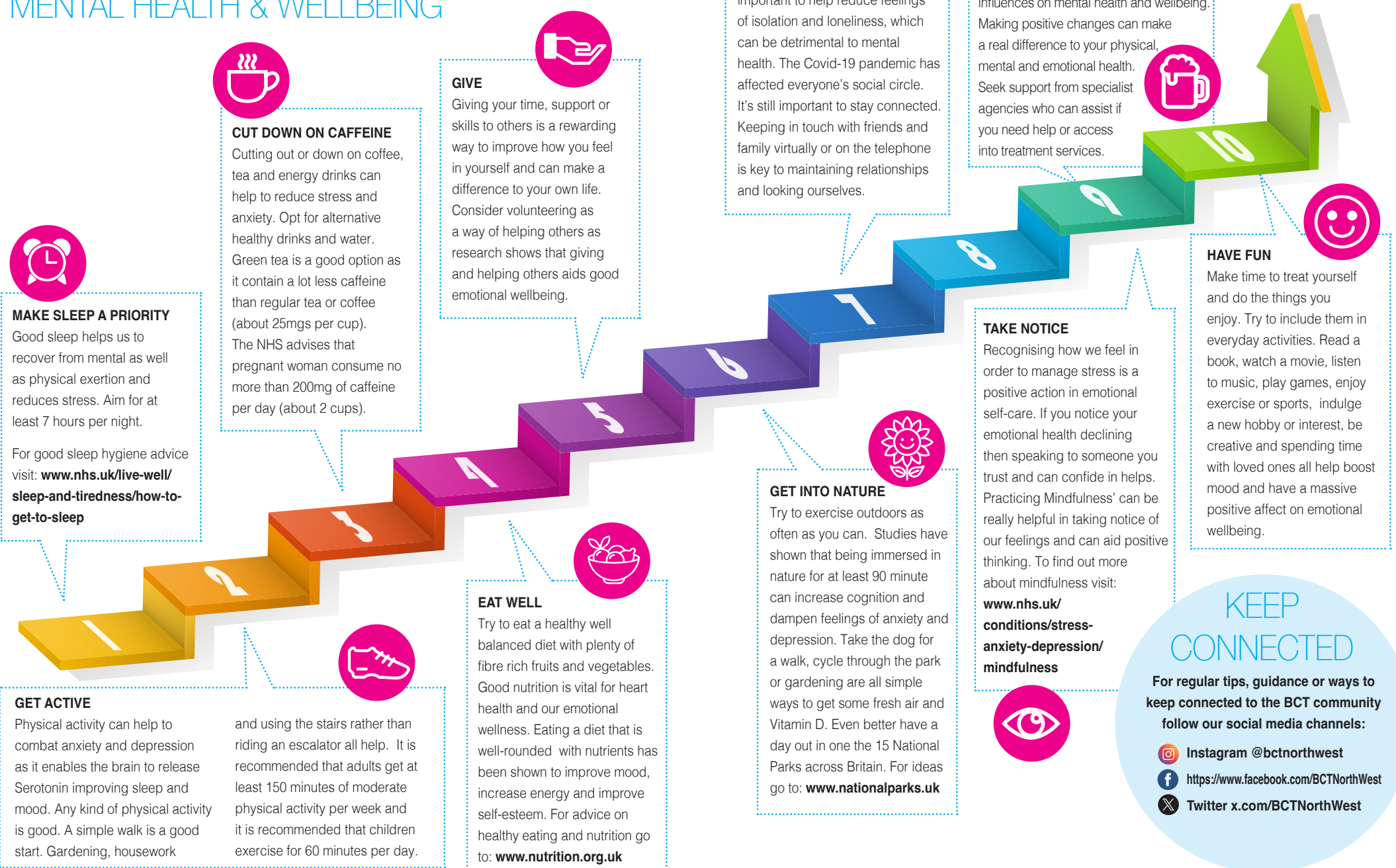
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Scan me



BCT'S 'TOP TEN TIPS' FOR POSITIVE MENTAL HEALTH & WELLBEING



KEEP CONNECTED

For regular tips, guidance or ways to keep connected to the BCT community follow our social media channels:

- Instagram @bctnorthwest
- <https://www.facebook.com/BCTNorthWest>
- Twitter x.com/BCTNorthWest

BCT'S LIVED EXPERIENCE ALLIANCE

Our LEA is a group of ex-service-users from BCT from varied backgrounds with a range of gambling harms lived experience, who support BCT's treatment and education teams in the development and innovation of our gambling-related harms education, early intervention and support programmes. Their input is invaluable, and we ensure their lived experience expertise is incorporated within every touch point of the development of our gambling harms work.



FINANCIAL SUPPORT

Citizens Advice Wirral Project

– BCT have an established partnership with Citizens Advice Wirral to support any of our service-users who live within the Liverpool City Region, who can offer our service-users free local advice and supports around finance, benefits and additional social prescribing services. Social prescribing Link Workers are available to help individuals identify and link with sources of support within the community. They can support with a range of practical issues that may have come about due to gambling.

For a referral into this service please contact BCT on 0151 226 0696 or email treatmentteam@beaconcounsellingtrust.co.uk

Raise Liverpool BCT work in partnership with Liverpool-based debt advice charity, Raise, who are trained in the area of gambling-related harms, and can offer local tailored free financial support and advice for our service-users.

For a referral into this service please contact BCT on 0151 226 0696 or email treatmentteam@beaconcounsellingtrust.co.uk

PayPlan are a debt advice charity who support our service users with free personalised debt solutions. With a specialist vulnerability team, all upskilled in understanding gambling related harms, BCT have an established partnership with PayPlan to offer financial support to any of our service-users to help them access free and confidential advice, tailored towards their needs through a holistic approach.

For a referral into this service please contact BCT on 0151 226 0696 or email treatmentteam@beaconcounsellingtrust.co.uk

Stepchange offer a free debt advice service and offer further advice services around bailiffs or CCJs. The website has a lot of helpful information specifically around managing finances and further campaigns. There is advice around the government scheme breathing space (60 days for people to assess their financial position, without contact from creditors).

Also see sign up link to seven days-seven ways – a wellness financial plan in simple steps to get finances back on track.



DEBT AND MENTAL HEALTH

EVIDENCE FORM FOR INFORMATION

The Debt and Mental Health Evidence Form (DMHEF) is a form that helps creditors understand a debtor's mental health and how it affects their ability to manage debt.

The form is completed by a health or social care professional and shared with the debtor's creditors.



Who completes the form?

A health or social care professional, such as a general practitioner (GP), psychologist, nurse, or social worker.

Who initiates the form?

The debtor or someone authorised to act on their behalf.

What the form includes?

The professional confirms the debtor has a mental health condition and provides an overview of their situation.

What the form does?

Helps creditors assess what support to offer the debtor, such as reasonable adjustments to their collections process.

Consent: The debtor must complete and sign a consent form before giving the DMHEF to the professional. The consent form gives the professional permission to share the debtor's medical information with their creditors.



Money Advice Plus

run a national helpline and a to offer financial advice and guidance. They can support around utility arrears and council tax and also have a page on basic banking.



Money and Mental Health charity

founded by Martin Lewis, specifically to look at links between mental health and money concerns.



Additional information:

For anyone looking for grants or funding support.



Utilities: Wise Group

The Wise Group, HEAT is a fully funded service and provides 1-1 mentoring support and advocacy to vulnerable households in England and Wales. The team of energy mentors provide a holistic, independent, tailored advice to fuel-poor households experiencing energy crises.

This is ongoing support throughout the process, helping customers understand their options and make informed decisions.

- Tackling energy emergencies
- Managing fuel debt and related issues,
- Advocate on your customer's behalf
- Accessing energy grants and crisis funds £150 Vouchers
- Optimising energy usage and efficiencies.

Refer via the link:
Octopus Referral Form.



LEGAL SUPPORT

Law works

general resources and support materials for legal advice.



Law Centres

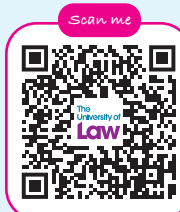
will link individuals to free law advice spaces.

T: 020 3637 1330



The university of law

access to trainee solicitors and barristers, phone the helpline **01483 216528** and leave a brief message stating name, contact number and the nature of your legal query (family, housing, education, community care, public law or referral information) and one of the local centres will return the call.



Advocate charity

provides free legal assistance from volunteer barristers. You can apply by completing a form on their website.



Legal Aid can help meet the costs of legal advice, family mediation and representation in a court or tribunal see:



Support Through Court - A charity supporting people who face court alone so that they can represent themselves to the best of their abilities. The service is free and based in court buildings. Volunteers provide practical, procedural and emotional support in many areas of Civil and Family court processes. They can:

- Explain how the court works, help fill in forms, organise papers, and discuss settling issues without going to court
- Help plan what you want to say in court, and if needed, go with you to court to provide support and help afterwards
- Provide details of other specialist advice agencies, where possible, and help you find out whether you can get free legal advice
- They do not provide legal advice or legal representation

National Helpline Service
T: 03000 810 006
 which is open Monday to Friday 10:30am to 3:30pm.



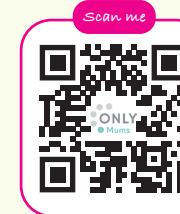
FAMILY LAW

Coram Children's Legal Centre's Child Law Advice Service

Provides advice on parental disputes about child arrangements, child protection and attending court.



Rights of Women Advice lines provide free and confidential legal advice to women.
T: 020 7251 6577



Only Mums A national on-line support & signposting service for parents going through separation/divorce.
Tel: 07786 877718



FAMILY AND DOMESTIC ABUSE SUPPORT

Scan me



Men's Advice Line

is a confidential helpline, email and webchat service for male victims of domestic abuse.

T: 0808 8010327

Scan me



Families Need Fathers

Info advice and support to both parents to help them maintain their relationship with their children.

T: 0300 0300 363

Scan me



Gingerbread single-parent's charity

Gingerbread single-parent's charity offer advice, support and information around some of the most common topics single parents share. Anyone needing further guidance can talk to advisors can use talk to us through a dedicated helpline or webchat. You can also chat with and meet other single parents by joining the Gingerbread Community.

Scan me



Only Dads

– A national on-line support and signposting service for parents going through separation/divorce.

T: 07786 877718

Scan me



Family Rights Group

Advises parents, grandparents, relatives and friends about their rights and options when social workers or courts make decisions about children's welfare.

T: 0808 801 0366

Scan me



Family hubs – we are trying to further our partner work within the local authority family hubs. Our face to face is based in Blackpool centre. For families looking to further local support learn more about family hubs scan here.

Scan me



Surviving Economic Abuse

Economic abuse is a legally recognised form of domestic abuse. It involves the control of a partner, ex-partner's, parent, sibling, friends money, finances and things that money can buy, such as clothing, transport, food and a place to live. Given some of the wider and legacy harms related to gambling harms, some service users have found themselves subjects of economic and psychological abuse or having experienced some level of financial trauma. Surviving Economic Abuse (SEA) is the only UK charity dedicated to raising awareness of economic abuse and transforming responses to it.



EDUCATION AND CAREERS ADVICE

COURSES AND QUALIFICATIONS:

Free Courses
in England:



The Skills
Network:



Skills for
Careers:



CAREERS ADVICE:

National
Careers Service:



UCAS:



SMARTWORKS:

Smart Works support women aged 16 and over, who are unemployed, on zero-hour contracts or who are seeking new career opportunities.

All women referred can have access to a career coaching session and for anyone who has an upcoming interview, a free two-hour styling session with interview outfit to keep.



HOUSEHOLD NEEDS

The Brick – An anti-poverty charity that supports individuals at-risk of or experiencing homelessness, or financial hardship. BCT have an established partnership with The Brick in which we can request a range of free household goods for service-users who are struggling. The team at BCT can facilitate delivery of goods for anyone who is currently accessing BCT's treatment or recovery support programmes.

THE BRICK
QUEENS HALL ACTION ON POVERTY

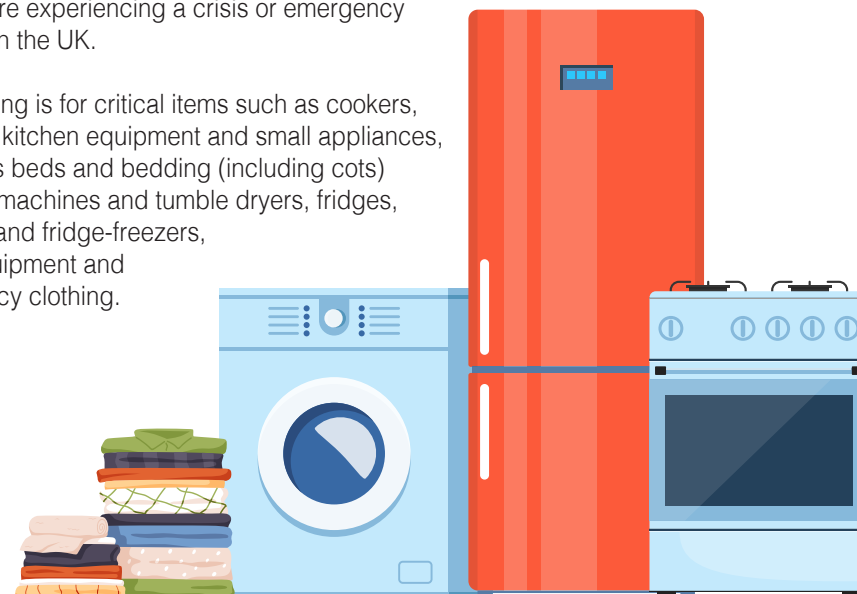
Children in Need – Emergency Essential Needs Programme working together with the Family Fund, the charity supports children and young people in crisis. The programme provides items that meet a child's most basic needs – from a bed to sleep in or a cooker to provide a hot meal, to other items and services critical to a child's wellbeing.

**CHILDREN
IN NEED**

BCT are a registered referrer of the programme, eligible to make monthly referrals.

The scheme is open to referrals for families with children and young people up to and including the age of 17 who are experiencing a crisis or emergency and live in the UK.

The funding is for critical items such as cookers, furniture, kitchen equipment and small appliances, children's beds and bedding (including cots) washing machines and tumble dryers, fridges, freezers and fridge-freezers, baby equipment and emergency clothing.



ONGOING RECOVERY

At BCT we have first-hand experience and a wider understanding of the lasting impacts of gambling related harms beyond treatment and support. **All** our service-users have access to continued support through our dedicated recovery programme.

We know this much needed support is important and can make a difference to the lives of those experiencing gambling harms.

This includes structured weekly online groups and one-to-one sessions to help you overcome the challenges that gambling harms present in everyday life.

You will receive both practical help and emotional support, to lessen the impacts of gambling harms, help regain control of your life and improve your personal well-being.

AFTERCARE OFFER:

- Weekly online group support for those in recovery
- Weekly online group support for affected others
- Monthly Trek Therapy
- 1-2-1 practical support sessions for affected others and those in recovery.

PRACTICAL SUPPORT SESSIONS WILL CONSIST OF THE FOLLOWING:

- Health and wellness
- Finance and Business
- Family and relationships
- Other (accommodation, ongoing sustenance)
- Advocacy support
- Links in with other specialist services, such as those mentioned within this booklet.



For more information on this, please call
0151 226 0696
or email
treatmentteam@beaconcounsellingtrust.co.uk



TREK THERAPY

Trek Therapy encourages participants to experience 'green therapy' through supported and meaningful group walking activities, aimed at promoting emotional wellbeing.

Using a combination of qualified outdoor professionals and mental health practitioners, our BCT service users are invited to join Trek Therapy as part of our recovery support.

Trek Therapy provides opportunities for our service users to benefit from **FREE**, well planned, safe, and enjoyable outdoor walking activities. A key feature of the programme ensures that all activities are managed and supervised by professionally qualified outdoor leaders, accompanied by mental health practitioners.

Trek Therapy has one core objective - to walk with individuals towards positive wellbeing.



THERE ARE MANY PROVEN BENEFITS OF WALKING WHILST BEING IMMERSED IN NATURE INCLUDING:



Scan me



For more information on this, please call 0151 226 0696 or email treatmentteam@beaconcounsellingtrust.co.uk

Walking is a man's best medicine
– Hippocrates



NOTES



BEACON COUNSELLING TRUST

Reg. Charity No. 1140011

Follow us



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